

HOW TO BOLUS FEED USING A SYRINGE: GRAVITY METHOD


Your healthcare professional has chosen syringe gravity bolus feeding as a method for you to deliver feeds. Syringe gravity bolus feeding involves delivering a set amount of feeds over a short feeding time (e.g., 200 mL over 20–30 minutes) at intervals across the day using a syringe without the plunger.¹

IMPORTANT CONSIDERATIONS:²

Patient positioning	Unused feed storage	Feeding tube position
Find a place in your home that is comfortable for you. Ensure that you are sitting upright. If you cannot sit upright, sit propped up at least 30–45 degrees while feeding and continue sitting for 30–60 minutes after feeding has stopped. Do not lie flat during your feed or immediately after your feed.	Once opened, if your feed is not being used, put it in the fridge. When you want to use it again, remove from the fridge 20–30 minutes prior to feeding to allow it to reach room temperature. Your feed will need to be discarded 24 hours after opening.	Before you begin feeding, be sure the feeding tube is positioned correctly.

HOW TO BOLUS FEED USING THE GRAVITY METHOD:

1

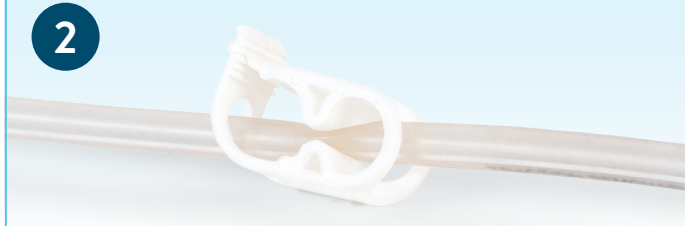


Collect all the equipment that you require and thoroughly clean your hands using soap and water or an alcohol-based hand rub.

Equipment:


- 60 mL enteral syringe
- Measuring jug and water (type and volume as prescribed by your healthcare professional)
- Prescribed enteral nutrition
- Extension bolus feeding set if you have a low-profile device

2



If there is a clamp on your feeding tube, close the clamp.


3



Remove the plunger from the syringe. Open the cap on the end of your feeding tube and connect the syringe barrel using a ¼ turn. If you have a low-profile device, attach your extension bolus giving set.


HOW TO BOLUS FEED USING THE GRAVITY METHOD:

4



Hold the syringe upright at or above the level of your stomach and pour the prescribed amount of water for a flush into the syringe. Release the clamp on the feeding tube and allow the water to flow.

5




When the water has almost run through, begin pouring the prescribed amount of feed into the syringe. Continue this process until the prescribed amount of feed has been delivered.

6




Flush the feeding tube with the amount of water recommended by your healthcare professional.

7



When flushing is complete, remove the syringe from the tube and close the cap on the end of the tube. Wash your hands using soap and water or an alcohol-based hand rub. If you used a low-profile device, disconnect the bolus giving set.

8



If you have a single-use syringe, discard the syringe. If you have a reusable syringe, wash the syringe with warm soapy water, rinse well and allow it to air dry.

USEFUL TIPS:

- Place a hand towel across your lap to protect clothing in case of spillage during the feed.
- When connecting the syringe, a ¼ turn is sufficient. Do not overtighten.
- Once cleaned and dry, reusable syringes can be kept in an airtight container.
- To adjust the speed of delivery (rate), hold the syringe at a lower height to slow the feeding rate, or raise the height of the syringe to speed up the feeding rate.
- Enteral feeds and water are often better tolerated when delivered at room temperature.

Product	Abbott Code	DHL Code	Carton Quantity
SYRINGE 20 mL ENT REU ENFIT	20038784	2288262	80
SYRINGE 60 mL ENT REU ENFIT	20038818	2288263	60
SYRINGE FUNNEL TUBE ADAPTER ENFIT	20038766	2288265	50



For further information and support:

Abbott Customer Service: 1800 225 331

Abbott HomeCare Connect Nursing Service: 1800 971 557

Food for Special Medical Purposes. Use under medical supervision.

Reference: 1. AuSPEN Home Enteral Nutrition (HEN) Optimal Care Pathway. 2023. 2. DAA Enteral Nutrition Manual for Adults in Healthcare Facilities. 2018.

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